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Endeavour back in action with stunning launch

♦ Mission Update: Space Shuttle Endeavour roared through the evening sky on mission STS-118 Wednesday, lifting off on time at 6:36 p.m. Returning to active duty after a three-year modification period, Endeavour is making its 20th spaceflight, carrying a crew of seven and the S5 integrated truss to the International Space Station. The mission is planned for 11 days but may be extended to as many as 14 days.



- ♦ ELV Update: A firm date for the launch of the Dawn spacecraft is still being determined based on the launch window for the science of the mission, the availability of the Eastern Range and the necessary tracking, data and telemetry support. The launch is currently expected to occur no later than Sept. 26; however, a launch date as early as Sept. 7 is being preserved in planning schedules.
- Stamped Mail Due to heightened security, the postal service has revised the standard for depositing mail bearing only postage stamps as postage. Mail weighing more than 13 ounces and bearing only stamps as postage must be presented to an employee at a postal service retail service counter for acceptance. The KSC Post Office is located in the

Headquarters Building M6-0399, Room 1538. This mail may not be deposited in gellection boxes, Johny boxes or interest

Headquarters Building M6-0399, Room 1538. This mail may not be deposited in collection boxes, lobby boxes or interoffice mail. Such mail will be returned to the customer. For further information, contact the KSC Post Office at 867-3752.

- **August Health Education Infor**mation Table — As many as 20 percent of the adult population, or one in five Americans, has symptoms of irritable bowel syndrome, or IBS, making it one of the most common disorders diagnosed by doctors. IBS is a disorder characterized most commonly by cramping, abdominal pain, bloating, constipation and diarrhea. The August Health Education Wellness Program packet covers important aspects of IBS. The monthly health education table will be set up today from 11 a.m. to 1 p.m. in the MFF cafeteria. The program's staff will distribute IBS and related information. Hard copies of the packet will be available at all medical and fitness facilities. If you or your department/organization would like to be added to the monthly packet hard-copy distribution list, please e-mail or call Kris Calderon at 867-3414. The packet is also available online under "Monthly Health Topics" at the program's Web site: http://hewp.ksc.nasa.gov.
- Diabetes Education Series The KSC diabetes education series, hosted by the Health Education Wellness Program, will resume this month with a seminar entitled, "Diabetes Update: Insulin Pumps." The seminar will be from 11 a.m. to noon on Aug. 29 in the O&C Mission Briefing Room. The seminar will feature a guest diabetes nurse educator

from Medtronics in Orlando. To be placed on the Diabetes Interest Group distribution list, please send an e-mail to *Kristine.Calderon@jbosc.ksc.nasa.gov*. List members will be e-mailed information from the diabetes education series seminars along with other information, announcements and updates pertaining to diabetes.

■ NASA Science — Early on the morning of Aug. 28, a colorful lunar



Dawn takes breather

waiting for launch in September

eclipse will be visible from five continents including most of North America. The event will begin just past

midnight, when the moon enters Earth's shadow.

At first, the outskirts of Earth's shadow will be as pale as the moon itself; an onlooker might not even realize anything is happening. But as the moon penetrates deeper, a startling metamorphosis will occur.

Around 5:52 a.m. EDT, the color of the moon will change from moondust-gray to sunset-red. This is totality, and it will last for 90 minutes.

You can read more about the event on the Web site:

http://science.nasa.gov/headlines/y2007/03aug_dreamyeclipse.htm?list29875.

Countdown is published every Tuesday & Thursday for NASA KSC employees. Deadlines are 10 a.m. Mondays & Wednesdays. E-mail news to anita.barrett@jbosc.ksc.nasa.gov. For questions or information, e-mail or call 321-867-2815. You can also find Countdown on the Web at nasa.gov/centers/kennedy/news/countdown/countdown-toc.html.